

Part 3, Chapter 22: The Value of Bragg's Apple Cider Vinegar

I cannot emphasize enough that the Standard American Diet that is full of meat, chicken, pork, dairy, processed chemicals, hydrogenated oil, high fructose corn syrup, processed sugar and flour, drugs and other substances was NEVER intended as food. You cannot consume these substances without serious consequences. Granted, the consequences may take decades to be realized but they WILL be realized. The goal of this book is to get you eating a diet that is at least 90%-95% fruit, vegetables, nuts, seeds and sprouts. The other 5%-10% of whatever else your body can effectively deal with.

That said, at the start, it is critically important to understand that there is a huge difference between commercially distilled vinegar and Bragg's apple cider vinegar. For laundry, part of Emmale's procedure is to include a cup or so of apple cider vinegar which we buy by the gallon. It's \$2.99 a gallon. A quart of Bragg's apple cider vinegar at my local grocery store is \$4.29—which is somewhat cheaper than at the health food store. The apple cider vinegar we get by the gallon and use for washing clothes works great on clothes but is not fit for human consumption. The same can be said for virtually all distilled vinegars.

Julian Whitaker, M.D. and editor of the popular Health and Healing Newsletter, writes that all vinegar is not created equal. He says that comparing organic, [Bragg's] raw apple cider vinegar to distilled or synthetic vinegar is like comparing fresh-squeezed orange juice to toxic Kool-Aid[—or equally as bad, bottled orange juice that's been pasteurized].^{1}

There are many benefits of Bragg's apple cider vinegar, which will be covered in more detail shortly. One of the tremendous benefits of Bragg's apple cider vinegar is that it dissolves crystal formations in the joints. Most joint pain, including gout, is a result of substances such as calcium and uric acid forming into crystals that press against tender and sensitive joint membranes. "Hard, stony deposits fill up, cement, enlarge and cripple the joints! Crippling, painful arthritis and joint problems are the sad result! Fight and help flush out those stony deposits with [Bragg's] apple cider vinegar."^{2} It works, too—as I've discovered from personal experience.

At the same time, eliminating animal proteins and dairy products (much more on this later in this book) and stopping consuming refined sugars and beverages goes a long way toward preventing these conditions in the first place. All of these foods increase blood acidity which forces calcium to be leached from bones. In the process this excess free calcium is then readily converted into crystals that can cause a plethora of joint pain.

One of Dr. Bragg's books, the "Bragg Apple Cider Vinegar Miracle Health System" is totally dedicated to this miracle substance. Of the book itself, I strongly suggest that the reader get this book and read it for themselves. In this section, the best I can do is to present an overview of the many benefits that Bragg's apple cider vinegar offers. It's a huge list, but by no means is it a complete list.



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Going back to the beginning, the benefits of unfiltered apple cider vinegar goes back for centuries: As far back as Hippocrates himself in 400 BC.

Research worldwide supports and commends what Hippocrates (the father of medicine) found and treated his patients with in 400 B.C. He discovered that natural, undistilled Apple Cider Vinegar (or ACV) is a powerful cleansing and healing elixir—a naturally occurring antibiotic and antiseptic that fights germs, bacteria, mold and viruses—for a healthier, stronger, longer life!^{3}

I'll get into the benefits of Bragg's apple cider vinegar momentarily. Before I do so, however, I need to note that Bragg's apple cider vinegar is rich in potassium, as are apples in general. Potassium is an extremely important mineral for both plants and animals. Plants won't survive without it and people with a potassium deficiency suffer from a number of issues. "Potassium is the key mineral in the constellation of minerals; it's so important to every living thing that without it there would be no life. Bragg's Organic Raw Apple Cider Vinegar is a rich source of potassium."^{4}

How important is potassium? Consider this list of symptoms of what happens if you don't get enough potassium. It's from a livingstrong.com article titled "What Are the Symptoms of Potassium Deficiency?"^{5}

- Muscle weakness, spasms, cramps and tetany (the involuntary contraction of muscles)^{6}
- Paralysis
- Muscle stiffness, aching and tenderness
- Abdominal bloating, pain and cramping
- Heart palpitations
- Dizziness and fainting
- Frequent urination and extreme thirst
- Numbness and tingling^{7}

Yes, I'd say that potassium deficiency is pretty serious. Bragg's apple cider vinegar provides a significant dose of organic potassium so critical for health and well being. Dr. Bragg provides the following summary:

Potassium deficiency is a proven contributing cause of many illnesses, including: Arthritis, kidney stones, atrial fibrillation, adrenal insufficiency, celiac disease, high blood pressure, coronary artery disease, ulcerative colitis, hypothyroidism, irritable bowel syndrome, Alzheimer's disease, multiple sclerosis, myasthenia gravis, Crohn's disease, lupus, atherosclerosis, diabetes and stroke.—Linda Page, N.D., Ph.D. Healthy Healing^{8}

I'm convinced.



The following is an extensive list of some of the most important benefits of Bragg's apple cider vinegar, ACV for the sake of this discussion. To be sure, this is but a brief overview of all the amazing properties of Bragg's apple cider vinegar.

- ACV kills germs, viruses, mold and bacteria. Recent studies show a straight 5% solution of vinegar kills 99% of bacteria, 82% of common mold and 80% of germs and viruses.^{9}
- ACV has proven powerful health qualities. ACV is also loaded with potassium. Studies have shown potassium helps prevent hair loss, brittle teeth and nails, sinusitis, runny nose, toxic waste in the body, plus stunted growth! Other incredible benefits of ACV are the relief of constipation, headaches, arthritis, indigestion, diarrhea, eczema, sore eyes, chronic fatigue, mild food poisoning, as well as high blood pressure and heartburn symptoms.^{10}
- Taking ACV before a meal is beneficial to people with diabetes. Recent studies show

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taking 1-2 teaspoons of ACV before meals is proven to dramatically reduce insulin and glucose spikes in the blood.^{11}

- Slash artery plaque with ACV. A Japanese study found that regular intake of ACV (3 teaspoons or more per day) can significantly reduce the level of cholesterol in the blood.^{12}
- ACV relieves chronic fatigue. Most people today, when they work hard, turn to all kinds of dangerous stimulants to relieve their chronic fatigue: Alcohol, tea, coffee, cola drinks and pep pills and other dangerous, addictive drugs. ... raw apple cider vinegar, rich in potassium ... combat[s] chronic fatigue [without the need for harmful and artificial stimulants].^{13}
- [ACV facilitates weight loss.] Fat flushing raw apple cider vinegar burns fat with its acetic acid that helps boost metabolism and dissolve fats, preventing them from being stored as fat and also helps lower blood sugar. You will be less hungry and less bloated.—Ann Louise Gittleman, Ph.D.^{14}
- Purify your cells by ridding the body of dangerous toxic wastes [with ACV]. Certain toxic wastes that are harmful to the whole body are rendered harmless by a miraculous substance in organic, raw ACV with the powerful mother enzymes.^{15}
- [Bragg's] apple cider vinegar relieves headaches. [It's a complicated subject but] we have found in our many years of research on all kinds of headaches that when the body triggers a headache, the urine is alkaline rather than the normal acid[ic]. The kidneys are disturbed by the emotions and it means the body is off-balance. The fast working malic acid of ACV can help relieve headaches by aiding the kidneys to return urine to normal (average 6.4 pH) acidity.^{16}
- [Bragg's] apple cider vinegar for feet [for] combating corns, calluses and warts.^{17} Apple cider vinegar can be used in a foot soak for a number of conditions. It's also very effective for treating gout when mixed with Epsom salt in water.
- [Bragg's] apple cider vinegar zaps sore throat and laryngitis. Organic, raw ACV is a dangerous enemy to all kinds of germs that attack the throat and mouth! To fight the germs and keep the throat healthy, an ACV gargle mixture works miracles (1 teaspoon to [a] 12 [ounce] glass water).^{18} Gargle and rinse.
- [Bragg's] apple cider vinegar for healthy skin. Reap vitality with the apple cider vinegar massage: To a small basin of warm distilled water, add ½ cup of ACV. Dip both hands in mixture and massage this all over your body (in shower or bathtub)^{19}
- ACV can be used to treat a variety of skin conditions including sunburn, cold sores, genital sores, shingles and chicken pox, psoriasis and exczema, poison ivy and poison oak, insect bits, minor cuts and abrasions, varicose veins, dry, itchy skin and hive, oily skin ... all sorts of issues. ... chronic blistering and itching has been virtually eliminated and ... skin is once again becoming, soft, firm (not wrinkled) and pliable. It's literally proving to be a Fountain of Youth.
- ACV directly applied (or as half ACV and half water) and used to treat ear infections, swimmer's ear, hemorrhoids, yeast and fungus infections, diaper rash, jock itch, athlete's foot and acne.
- Apple cider vinegar for dandruff, baldness, itching scalp, dry and thinning hair. The high acidity (organic malic acid) plus the powerful enzymes (the "mother's" life chemicals) in ACV kill the bottle bacillus, a germ responsible for many scalp and hair conditions. The problems caused by this are dandruff, itching scalp, thinning hair and often baldness.^{20}
- For muscle soreness and aching joints. To soothe tired, aching muscles and joints, there is nothing like an ACV bath combined with a self-massage.^{21}
- For arrhythmia and heart strengthening. ACV contains a natural chemical that combines with heart fuel to make the heart muscle stronger and helps normalize blood pressure and cholesterol.^{22}
- [ACV is an aid to digestion.] Bragg Organic Apple Cider Vinegar with the "mother" is vital to the body's digestive balance by stimulating the flow of precious enzymes and

saliva in the mouth. ... to stop heartburn, gerds, gas indigestion and also improve digestion, sip 1/3 teaspoon [of] Bragg[’s] ACV before meals to activate flow of digestive juices.—Gabriel Cousens, M.D. Author, *Conscious Eating*^{23}

- Fight kidney and bladder problems. ACV can help bladder problems and dissolve some types of stones. Drink 8 glasses of distilled water, plus some organic, unsweetened cranberry juice. Add one-third teaspoon ACV to each glass, which helps acidify urine, inhibits bacterial growth and promotes healing.^{24}
- [Bragg’s] apple cider vinegar combats mucus. Upon arising, have glass of warm distilled water with 1-2 teaspoons. ACV and 1-2 teaspoons raw honey. Also enjoy this drink midmorning and mid-afternoon.^{25} Mucus is primarily triggered from eating dairy and processed sugar. It’s the body’s way of trying to get rid of toxins. ACV goes a long way towards breaking the mucus up but the best solution is, of course, to not consume the triggering foods in the first place.
- ACV helps normalize blood pressure.^{26} Evidence reveals ACV has been shown to lower blood pressure and strengthen the heart muscle because it acts as a blood thinner, plaque remover and reduces risk of strokes and heart attacks. It also contains important potassium and enzymes which are vital and needed to keep the heart and blood-stream healthy.^{27}

There are **MANY** more uses for Bragg’s apple cider vinegar than are listed here. This list covers some of the more important benefits, but it is still just a basic list from Dr. Bragg’s book, “Bragg’s Apple Cider Vinegar Miracle Health System”. Again, the reader is encouraged to get this book for themselves which detail all of the respective treatment protocols.